



Chief Peguis Trail Extension West Public Information Session

The City of Winnipeg invites you to attend a public information session regarding the Chief Peguis Trail Extension West from Main Street to Brookside Boulevard.

For those who require alternate formats or ASL interpretation in order to participate, please contact David Jopling at 204-943-3178 by June 2.

Date: Tuesday, June 6, 2017

Time: 4pm – 7pm

Location: Red River Community Centre, 293 Murray Ave

Format: Drop-in (come and go)

For more information, visit us online at: winnipeg.ca/ChiefPeguisTrail

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... 'COVFEFE' ...
TRUMP BREAKS TWITTER
metroNEWS

'Address the root cause'

TRUMP POLICIES

Premier says asylum seeker's death a failure by Ottawa to act

Manitoba Premier Brian Pallister says the federal government has failed to reduce the risk in illicit border crossings because it has not tried to persuade the U.S. president to soften his immigration and deportation policies.

A woman who authorities believe was originally from Ghana was found dead from apparent hypothermia near the U.S.-Manitoba border on Friday. Mavis Otuteye, 57, was found roughly one kilometre south of the border near Noyes in a remote part of northwestern Minnesota.

Pallister said President Donald Trump's crackdown is driving people to sneak across the border and risk their lives.

"We need to address the root cause of this ... the desperation people clearly are feeling — com-

bined with the hope they feel — as they pursue a better life and come from the United States to Canada and to Manitoba," Pallister said Wednesday.

"I haven't any evidence that our federal government has attempted to persuade the president of the need for him to change his approach."

A spokesman for Public Safety Minister Ralph Goodale said Goodale was not able to respond directly to Pallister's comments, but added that the government has been clear in its messaging.

"Entering Canada outside of ports of entry is illegal and anyone doing so will be arrested," press secretary Scott Bardsley wrote in an email.

Refugee advocates and immigration lawyers say many refugee claimants have no choice but to cross through fields and ditches because, under the Canada-U.S. Safe Third Country Agreement, they are automatically turned back at official border crossings if they have already made a claim in the U.S.

THE CANADIAN PRESS

SAFE SPACE FOR SURVIVORS

Memory of Candace Derksen lives on in support home for victims of violent crime

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'Be the person you needed when you were younger'

Danelle Granger
For Metro | Winnipeg

Metro sat down with CJ Matombe, a trans Winnipegger who co-founded Queer People of Colour (QPOC), a voice for the marginalized LGBTQ community.

Why did you get involved in Queer People of Colour (QPOC)?

For so many reasons. The first thing that always comes to my mind when I get asked this question is a quote I stumbled upon years ago. It's something like "be the person you needed when you were younger." That's why I joined QPOC Winnipeg in a heartbeat.

What are a few of your favourite memories with QPOC?

My favourite moments were when we (QPOC members) got together at the very beginning. We would all come together, around a bottle of wine, delicious meals, we would share our experiences, and talk about how we want to make things better and safer for marginalized people in our community. It was raw, painful, vulnerable, and also healing in a strange way.



CJ Matombe, left, and Catie Pescitelli are original members of Queer People of Colour (QPOC).
LYLE STAFFORD/FOR METRO

That's how the idea of forming QPOC Winnipeg began.

I also love it when we give talks at schools or when we facilitate workshops and people come up to us at the end, and ask us what they can do to be better allies. That's one of the best feelings in the world.

Is there anything you want members of the community to know about QPOC that they might not know?

I can't think of anything. We are very clear and transparent in terms of our actions and core values. There is no game, no pretense, and we don't joke around. The

existence of QPOC stems from the lack of representation and support of the marginalized people in the queer community in this city. The same people whose voices get easily silenced, forgotten, and excluded for the comfort of the majority. We hear these voices.

There is still so much more work to be done.

CJ Matombe

we amplify them as much as possible, we stand with those people, and let them know they're not alone.

Why is Pride still important now?

It's still important today because there is still so much more work to be done. I mean, to this day, there is still a lot of oppression, discrimination, and violence mostly directed at people of colour, Indigenous people, Trans and non-binary folks, and sex workers as well.

Sure, we have come a long way over the last 30 years and most of us have acquired a lot of privilege, but that doesn't mean the work is over and that we get to forget about those who don't have the same rights/privilege that we do. We owe it to ourselves and to those who fought for our rights to show up and fight for all the individuals who haven't quite reached that point yet.

BIKE SAFETY

Local man helps save cyclist

Braeden Jones
Metro | Winnipeg

While driving to work Wednesday morning, Winnipegger Kevin Harlow watched a horrible car wreck unfold, and said he was "thrust headlong" into an issue he's followed closely — namely, a slow build out of protected cycling infrastructure.

Now, after helping pull a critically injured cyclist out from under a vehicle, he's writing a letter to a city councillor with hopes his experience is enlightening and can help "move the needle" on safety upgrades.

Harlow was travelling east-bound on Fermor Avenue and stopped at the St. Mary's Road intersection right before the crash happened around 7:15 a.m.

As soon as it happened, Harlow snapped into action.

"I jump out of the car, run over, at that point I didn't even know there was a cyclist involved," he said. "I ran over to check on the driver, and just when I got there I saw someone laying on the ground."

He and other passersby worked together to roll the vehicle off of the woman, who was trapped and unresponsive.

"We all kind of pushed and worked at it and got the car tipped slightly... somebody else got a newspaper box and stuck it under the rear tire."

At the moment, he said all he could think was "help this person out, get them taken care of."

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Candace House aims to increase access to holistic and culturally appropriate resources for survivors of crime. LYLE STAFFORD/METRO

Finding 'perfect fit' for Candace House

COURT

Building will serve as refuge for families and survivors



Lucy Scholey
Metro | Winnipeg

The red-brick building, a block away from the Law Courts, still needs some maintenance work, but it already feels like home to Wilma Derksen.

Candace House is a new safe space for survivors of violent crime navigating the court system, or families of deceased loved ones attending trials. The space will offer a break from daily trials, whether that's through support services, workshops on how to deal with the media or a place to sit and watch TV.

"Just a place to take your shoes

off for a while," said Cecily Hildebrand, executive director of Candace House on Wednesday, after the new location was unveiled at 183 Kennedy St.

The house is part of the legacy of Derksen's daughter, Candace. The 13-year-old went missing in 1984 and her bound body was found six and a half weeks later in a shack.

Her family has just sat through the retrial for accused Mark Grant, who was first found guilty of second-degree murder in Derksen's death in 2011. His conviction was later overturned, after the Manitoba Court of Appeal — and then the Supreme Court of Canada — ruled that the trial judge erred in not allowing the defence to present evidence linked to another possible suspect.

Through those two trials, there has never been a comfortable place for Derksen, or other families of deceased loved ones, to take a break, huddle together

or even close their eyes for a few minutes.

There's a small family room in the courthouse, but it never felt private to Derksen, who said survivors sometimes have to share a court bathroom with family members of the accused.

Meanwhile, church basements have served as ad hoc support group venues for Derksen and other parents.

"I just ached for a place that we could call our own where we would feel safe because it was so important for us to meet," she said.

While Derksen has been hoping for such a place over the past 30 years, the plans really started moving after Candace House was incorporated in 2014.

The group was able to secure a \$40,000 grant from Manitoba Justice and raise funds from private donors. They will launch a fundraising campaign in the coming weeks to help pay for renovations, including redoing

+ TRIALS IN 2017

According to Candace House, there were 40 trials and preliminary hearings set for 2017 linked to fatalities, including homicides. That's a total of 590 court days.

the bathroom, installing a kitchen and ensuring the ventilation system can handle smudging ceremonies.

If everything goes to plan, doors will open this fall.

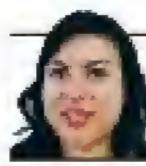
"When we found this place, we knew it was the perfect fit," Hildebrand said.

Derksen hopes other families and survivors will feel the same way — all while her daughter's memory lives on.

"It's kind of in keeping with (Candace's) love of people," she said. "She was all about justice, all about helping anybody."

COMMUNITY

Food banks have 'barely enough' to get by



Jessica Botelho-Urbanski
Metro | Winnipeg

Local food banks are starting to deal with a summer slump as the weather warms and donation patterns become unpredictable.

Many regular donors tune out of their routines in the summer, leaving non-profits

like Winnipeg Harvest and Agape Table short on supplies.

The top five most-wanted food items at Harvest are: canned meats, fish and poultry; canned vegetables; canned fruit; canned soup; and packages of dry pasta and/or rice.

"People get busy, summertime's here and they're out and about. So when they're going out grocery shopping for the camping trips, if they can keep

Winnipeg Harvest in mind, that'd be great," said Roger Martel, Harvest's director of building operations. "A tin for the bin would be awesome."

Dave Feniuk, Agape Table's general manager, said the group's Tuesday food bank delivery was a "perfect example" of the need for more summer donations.

"Right now our numbers are 35 families and 68 individuals

and there's barely enough to go around," he said, citing a lack of vegetables, pasta and meats.

When Winnipeg Harvest is in critical need of items, non-profits feel the ripple effects down the line, Feniuk said.

Agape Table also operates as a soup kitchen and offers free breakfasts from Monday to Friday, serving 250 to 300 people per day.

Fan to fight for Trekkie plate

TRANSPORTATION

Man's ASIMIL8 plate deemed to be offensive, seized by MPI

Braeden Jones
Metro | Winnipeg

A Winnipeg man who lost his novelty licence plate is hoping that, unlike "the Borg," resistance is not futile when challenging Manitoba Public Insurance (MPI).

At the end of April, Nick Troller — an avid Star Trek fan — had to surrender his custom Trekkie licence plate that read "ASIMIL8" to the public insurer because it was deemed offensive.

To Troller, the word on the plate is a partial quote from the popular science-fiction universe.

It comes from one of just a few phrases repeated by an alien drone group known as the Borg, whose sole purpose as a recurring antagonist is to assimilate other alien species.



The Borg Queen (Susanna Thompson) captures Captain Janeway (Kate Mulgrew) and launches a full-scale attack against the USS Voyager on Star Trek: Voyager. COURTESY RON TOM

"We are the Borg," they would say. "Your biological and technological distinctiveness will be added to our own. You will be assimilated; resistance is futile."

MPI sent a letter to Troller on April 27, informing him that the plate "is considered offensive," and asked him to surrender the

plate. Although the letter he received did not indicate why the plate was considered offensive, or by whom, Indigenous voices echoed MPI's concerns at the time.

Ry Moran, from the National Centre for Truth and Reconciliation, insisted the word "assimilate" is too offensive to be on a

licence plate.

"For basically the entirety of this country's history, Indigenous peoples have been forcibly assimilated through really extremely destructive means and ways," he said.

"Words like that, meant or not, have an actual impact on many people."

Words like that ... have an actual impact on people.

Ry Moran

Now, Troller's working with the Justice Centre for Constitutional Freedoms (JCCF) — a group also representing a Nova Scotia man who recently lost his custom "Grabber" license plate — in order to get MPI to return the plate.

In a letter JCCF sent to MPI, the group calls MPI's decision "improper, unreasonable and capricious," while explaining it violates Troller's right to freedom of expression.

Troller's lawyer, Jay Cameron, said MPI's actions in handling the ASIMIL8 plate matter were "unjustifiable in Canada's free society."

He's requesting that MPI reinstate the plate or provide JCCF with a written commitment to do so by June 9, otherwise, he said Troller will "have no choice but to take further legal steps to assert his legal rights."

MPI declined to comment.

HOCKEY
Stamp honours 1972 game

Former hockey greats have helped Canada Post unveil a new stamp in Winnipeg commemorating the 1972 showdown on ice between Canada and the Soviet Union.

The Canada 150 stamp shows Paul Henderson, arms raised and being hugged by Yvan Cournoyer, seconds after Henderson scored the winning goal of the eight-game Summit Series that captured the nation's attention.

Cournoyer said he is honoured to have the team honoured with a stamp and it's remarkable that the series still resonates with people 45 years later.

Bobby Clarke said he didn't realize the series' impact because he resumed playing with the Philadelphia Flyers south of the border two days after it ended.

Pete Mahovlich said he apologized to a teammate during the series for scoring a short-handed goal after agreeing to rag the puck to wind down the clock.

The new stamp is one of 10 being released by Canada Post to celebrate Canada's 150th anniversary. THE CANADIAN PRESS

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U.S. may abandon Paris pact

POLITICS

Leaving deal would fulfil a key campaign promise

President Donald Trump is expected to withdraw the United States from the landmark Paris climate-change accord, a White House official said Wednesday, though Trump and aides were looking for "caveats in the language" related to the exit and had not made a final decision.

"I'm hearing from a lot of people both ways," Trump told reporters as he welcomed Vietnamese Prime Minister Nguyen Xuan Phuc to the White House.

Later in the day Trump said he would make an announcement on Thursday.

Leaving the deal would fulfil a central campaign pledge but would anger international allies who spent years in difficult negotiations that produced an accord to reduce carbon emissions.

Trump faced considerable pressure to hold to the deal during visits with European leaders and Pope Francis on



Donald Trump is expected to announce Thursday that the U.S. will withdraw from the Paris climate-change accord. AP

his recent trip abroad. The president and his aides were finalizing the details of a pull-out, an official said, insisting on anonymity to discuss the decision before an official announcement.

While Trump currently favours an exit, he has been known to change his thinking on major decisions and

tends to seek counsel from a range of inside and outside advisers, many with differing agendas, until the last minute.

A second White House official, who was not authorized to discuss private conversations and also insisted on anonymity, said Trump had not made a final decision on how to proceed. THE ASSOCIATED PRESS

Canada still committed to Paris Accord

Canada is aligning itself with the world's other two largest economies to take a global leadership role in the effort to limit greenhouse gas emissions.

Environment Minister Catherine McKenna said that Canada remains committed to the Paris Accord. THE CANADIAN PRESS

Pollution costs Canadian economy 'billions': Report

Pollution costs Canadians tens of billions of dollars every year, according to a new report.

Published by the International Institute for Sustainable Development (IISD), the report says that poor air quality alone cost the economy \$36 billion in 2015.

While a lack of data for some pollutants barred them from giving an overall estimate, the report contends that it's "very likely" they would add "tens of billions" to the annual cost — meaning the yearly price could be well over \$50 billion. TORSTAR NEWS SERVICE

SOCIAL MEDIA

The mystery of covfefe

It appeared at 12:06 a.m., without warning, like a shooting star through the dark night.

Covfefe. Noun. (Was it a noun? It seems like it was trying to be a noun.) A word used, Wednesday, by the president of the United States.

It has come to this. To the confusion, delight and genuine alarm of the night owls of the world's most powerful country, Donald Trump wrote the following six words to his 31 million Twitter followers early on Wednesday: "Despite the constant negative press covfefe"

That was it. Covfefe. There was no period. There was no rest of the sentence. Covfefe.

We know he meant "coverage." But he did not make a correction, at least not immediately. Unlike Trump's many other Twitter goofs, which he tends to amend within minutes, this one was left online for almost six hours, which was entertaining while also concerning.

Trump finally deleted the tweet six hours after it went up. At 6:09 a.m., he tweeted a rare bit of self-deprecation: "Who can figure out the true meaning of 'covfefe'?? Enjoy!"

Until then, people on the Internet did the deprecating for him, making tens of thousands

of jokes. It was impossible, obviously, to compete with the original.

"What makes me saddest," wrote late-night host Jimmy Kimmel, "is that I know I'll never write anything funnier than #covfefe."

But the Internet people tried. Oh, they tried. They offered mocking definitions. ("When you want to say 'coverage' but your hands are too small to hit all the letters on your keyboard," read one entry on Urban Dictionary.) They made comedic purchases. ("My dad just bought the CA license plate 'COVFEFE.'")

"Not only is covfefe a word," actor Zach Braff wrote under a photo of Trump press secretary Sean Spicer, "it's the greatest word ever uttered."

Covfefe remained Twitter's top trending topic until it was deleted. The president's tweet had more than 100,000 retweets. For a few brief hours, Donald Trump brought the world together.

The real Spicer was asked about the tweet in his afternoon press briefing. He was not at all amused.

"The president and a small group of people know exactly what he meant," Spicer said.

He declined to elaborate.

TORSTAR NEWS SERVICE

ONTARIO

Ex-nurse to plead guilty

A former Ontario nurse accused of killing eight seniors in her care is expected to plead guilty to first-degree murder charges in their deaths at a court appearance on Thursday.

Elizabeth Wettlaufer currently faces a total of 14 charges, including eight counts of first-degree murder, four counts of attempted murder and two counts of aggravated assault.

Police have alleged those crimes involved the use of certain drugs and took place over the last decade in three Ontario long-term care facilities where Wettlaufer worked as a registered nurse, and at a private home.

A source close to the case says that Wettlaufer is scheduled to plead guilty to eight counts of first-degree murder in a Woodstock, Ont., court on Thursday.

The source says an agreed statement of facts and a video of Wettlaufer confessing is expected to be filed in court.

Wettlaufer's defence lawyer did not respond to requests for comment on the expected development. THE CANADIAN PRESS

MMIW

Upset son speaks up at inquiry hearings



I lost everything, the closest family I have.

Alex Carlick

family by giving him space to speak," she said.

These occurrences are to be expected, which is why health supports are in place, she added.

"This is all part of the healing and truth telling process."

Wendy Carlick became an advocate for slain Indigenous women after her daughter was murdered, said family friend Diane Lilley.

Angel Carlick's body was found in a wooded area in 2007 and her killing has not been solved, the Whitehorse Daily Star reported.

The newspaper reported that Wendy Carlick was one of two women found dead in a Whitehorse home in late April. The RCMP is investigating the deaths as homicides.

"I can understand why Alex is feeling the way he is because he's all alone now," said Lilley. "Wendy was a beautiful soul."

THE CANADIAN PRESS



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VICKY MOCHAMA ON RESTORATIVE JUSTICE



A more humane system treats prisoners with compassion; it grants them a humanity that their lives might not have allowed for.

In prisons, we are facing a mental health problem and a growing population of women and girls.

To combat this troubling trend, we need to shift our thinking across the entire criminal system.

The fastest growing population in prisons worldwide is of women and girls. Sadly, this is also true in Canada. Overwhelmingly, female prisoners are some of society's most vulnerable.

Per the Elizabeth Fry Society, "They are primarily poor or homeless, under-educated and have addictions or mental-health problems such as schizophrenia, depression and anxiety disorders."

Since 2001, there has been a 100 per cent rise in Indigenous women in prisons. And according to Correction Services Canada (CSC), the number of people entering prisons with a mental illness doubled between 1997 and 2010.

Increasingly, the justice system is criminalizing those that society has failed to protect. We are punishing individuals for our society's failures.

By making changes that are less punitive and more humane — for example, counselling and drug therapies rather than solitary confinement and prolonged sentences — the justice

system can help prisoners escape the cycle of poverty and criminality.

Disrupting the prison pipeline is not solely a concern of the federal government. The federal prison agency houses 40 per cent of the 40,000 incarcerated

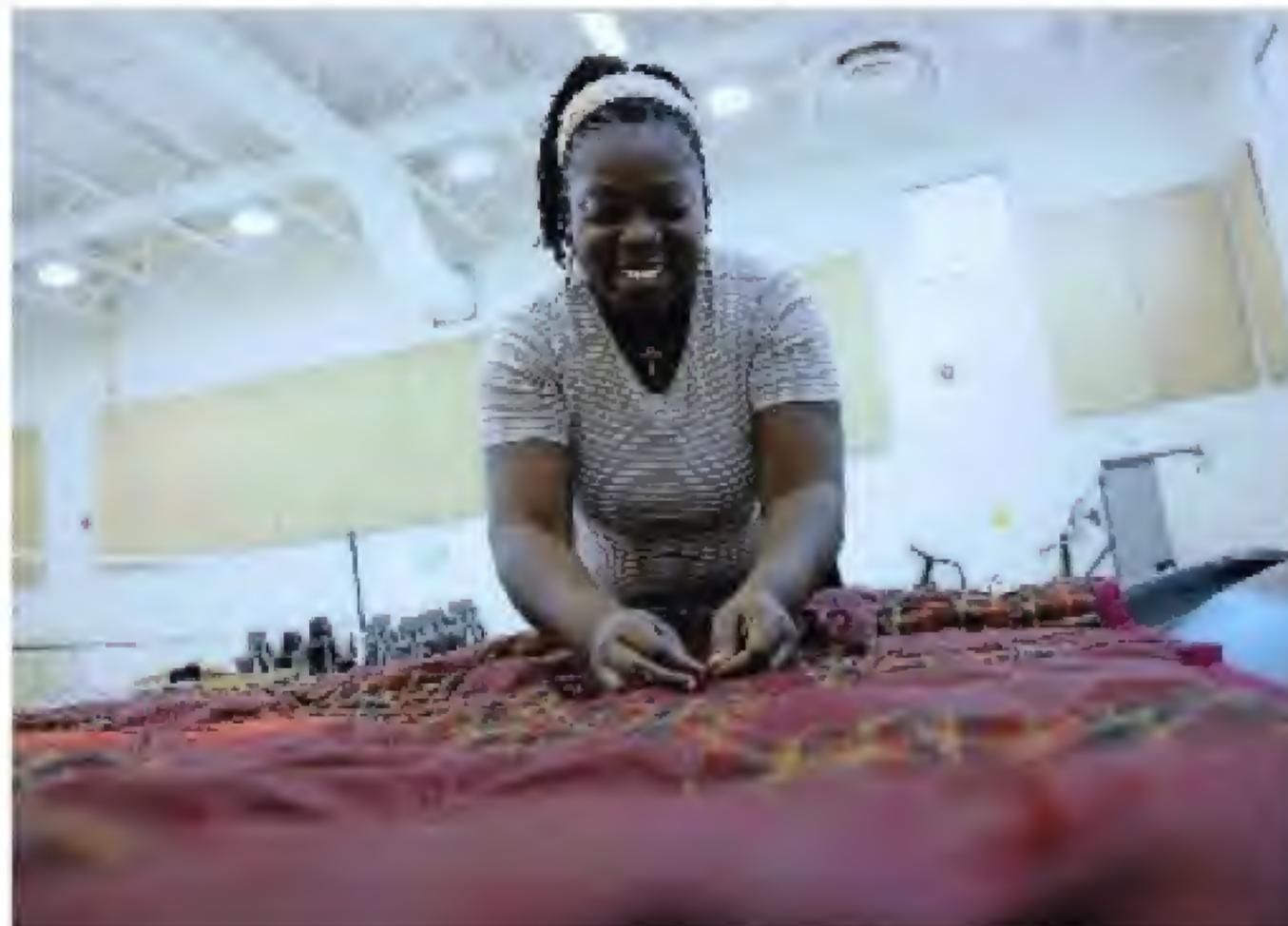
from CSC reported in the Globe and Mail. Self-injury is a marker of mental distress.

More strikingly, deaths in prison tell of the failure to deal with problems that are becoming more urgent. For prisoners like Cleve Ged-

yers, advocates and individuals.

One senator, Senator Kim Pate, has been vocal in her criticism.

Speaking to the Montreal Gazette, she said, "We know that the people who end up in prison aren't from an-



More humane and less punitive policies, like this quilt-making class at an Ontario correctional facility, can help inmates escape the cycle of criminality, writes Vicky Mochama. TORSTAR NEWS SERVICE

people in this country. The rest are in provincial and territorial jails, including people awaiting trial or serving community sentences.

A more humane prison system treats prisoners with compassion; it grants them a humanity that their lives might not have allowed for.

This inability to deal with pressing issues on mental health and vulnerability is increasingly evident. In the last decade, the number of prisoners who self-harm has tripled, according to data

des, Moses Amik Beaver and Soleiman Faqiri, to name a few who died in custody. Mental health was a factor.

That many decades of punitive prison conditions have not worked is becoming evident to the Senate Standing Committee on Human Rights, too.

The committee is undertaking a national fact-finding mission to understand the experiences federal inmates.

Since February the committee has heard from 41 witnesses, including law-

other planet, they're from our communities by and large. And unless they die in prison, they'll be coming back to our communities ... If the goal is truly to rehabilitate these people, we're failing them."

Our criminal justice system must focus on providing justice, not on making more criminals.

Vicky Mochama is Metro's national columnist. She appears every Monday, Wednesday and Thursday.

We are punishing individuals for our society's failures.

No 'us' and 'them' in the war on terror

Azeerah Kanji
Metro Views

The images of the aftermath of the Manchester attack are devastating: families stricken with grief, a country's sense of safety and security shattered.

We can mourn the lives lost in Manchester last week because our media shows us their faces and tells us their stories — an attention hardly ever accorded to those living

under the daily barrage of the U.S.-led war on terror.

We see the girls killed at a concert, but not the wedding parties pulverized by missiles in Yemen.

Our hearts break for the families bereaved in terror attacks in Western countries, but generally don't register the pain of Iraqi mothers whose babies have life-threatening birth defects caused by toxic American weaponry.

The same week as the atrocity in Manchester, air-strikes by the U.S.-led coalition killed more than 100 civilians, including 42 children, in Syria, according to London-based human rights organization Reprieve. How many in Canada were even aware of these other atrocities, let alone familiar with the names and faces and stories of the victims?

We profile the casualties of Muslim terror in Europe and North America in heart-rending detail — ages, ambitions, loved ones — but don't bother keep track of the total number of Muslim civilians dead in the name of fighting terror.

The best estimate, from

Physicians for Social Responsibility, puts the death toll in Iraq, Afghanistan, and Pakistan at 1.3 to 2 million in the first 10 years of the assault (this excludes Yemen, Somalia, Libya and Syria).

Western victims of terror are grieved as individuals; Muslim victims of the war on terror aren't even recorded as an accurate statistic.

These are the privileges of the West: of feeling normally invulnerable to the types of destruction our militaries rain down on others, of not needing to know or care about the consequences of the violence our countries derive profit from. (The U.S., Canada, France and the U.K. are the biggest exporters of arms to the Middle East.)

We are left always asking why "they" hate us — is it because of our freedom? Our pop music? — while being ignorant about the grievances produced by our government and its allies.

Mainstream Canadian media coverage and commentaries artificially disconnect acts of non-state terrorism from this broader context of the brutalities of state counterterrorism.

This sustains the myth that "their" violence is exceptionally aggressive, senseless, fanatic, and indiscriminate, while "ours" is all defensive, rational, liberatory, and precise.

But on both sides of the pretend line between "they" who are barbaric and "we" who are civilized, it is innocents who bear the heaviest burden.

Azeerah Kanji is a legal analyst based in Toronto.

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Why his ex was off limits

David Sedaris has not shied away from chronicling his life, but the beloved memoirist cringed when he re-read entries about his first breakup

Sue Carter
For Metro Canada

When a young David Sedaris first began writing his diaries back in the late 1970s, he would head to the International House of Pancakes (IHOP) in his hometown of Raleigh, N.C.

It didn't matter that the coffee was disgusting, or gave off a burning odour that "you could smell from the parking lot," he says, or that even when you poured plenty of cream in, the liquid never changed colour, because the staff would let him sit and write and read for as long as he wanted. On some days it was just Sedaris, wearing a beret — "a beret!" he emphasizes — occupying a booth while documenting his life on the back of paper place-mats.

Sedaris was asked to take part in a variety show with a strict seven-minute performance limit, and not having anything appropriate time-wise, decided to read funny passages from his personal notes.

"That changed the writing in my diary because when something happened, or I would see something that was funny, I would take extra care with it because I'd think this might work on stage," he says.

Sedaris has never kept diaries to chronicle his own emotions, and he rarely delves into his feelings, except for a short period of time in his early 30s following a breakup. He decided not to include those entries in *Theft By Finding* — his ex didn't want to be written about, and Sedaris



also cringed re-reading his own words.

"Oh my god, the whining, and the talking about my feelings," he says. "I didn't have my first relationship until I was 27, and most people have their first relationship when they're 14, and they break up and act like they're 14. I was 30, 32 when I broke up with this person, and I acted like a 14-year-old."

The most challenging part of going through the

**DAVID SEDARIS
THEFT BY FINDING
DIARIES 1977-2002**

anything at an IHOP, though he's still a diligent diarist. He has no interest in Starbucks laptop culture, and only seeks out a local coffee shop while on tour if his hotel room is too depressing to work in. His spiral notebook of choice is the Japanese-made, German-named Roll-bahn, a "traumatizing" switch — Sedaris hates any change — made a year ago. When his laptop was stolen in 2011, the biggest panic was over the loss of his tour diaries. Sedaris's

I didn't have my first relationship until I was 27 ... I was 30, 32 when I broke up with this person, and I acted like a 14-year-old.

David Sedaris

notebooks, he says, was transcribing his own writing. What did that sentence say? "Cl... chu... Oh, it looked like he was wearing a clown nose," he says, laughing after stuttering several times for comic effect over the word "clown."

It's been about 25 years since Sedaris has written

boyfriend Hugh tried to reassure him that he still lived all those months, regardless of whether they were written down, but six years later Sedaris still sounds worried.

"But how do I know? I don't have any record of it. How can I be sure I lived if all the details aren't documented?"



JOHANNA SCHNELLER WHAT I'M WATCHING

Rocker's father the star of documentary

THE SHOW: Bruce Springsteen: In His Own Words
THE MOMENT: The psych evaluation

Over images of cars cruising night streets, we hear Bruce Springsteen address a concert audience. "I had this habit," he says. "I used to get in my car and drive through my old neighbourhood in the little town I grew up in."

He says he did it late at night, three or four times a week, for years. Finally he went to a psychiatrist. "I

said, 'Doc, what am I doing?'" Springsteen continues. "He said, 'I want you to tell me what you think you're doing.' The audience chuckles.

Eventually the doctor tells Springsteen, "Something bad happened, and you're going back thinking you can make it right again." Springsteen agrees: "That's what I am doing, going back to see if I can fix it." The doctor says, "Well, you can't." Then Springsteen launches into the song "My Father's House."

The unseen star of this docu-

mentary, based on Springsteen's recent autobiography of the same name, is his father, who dominated young Bruce, and was later diagnosed with bipolar disorder. Springsteen admits that in many of his songs, he constructed a persona based on "a vision of my pop as a transcendent figure, my greatest foe and greatest hero." He even dreams about his dad watching him on stage.

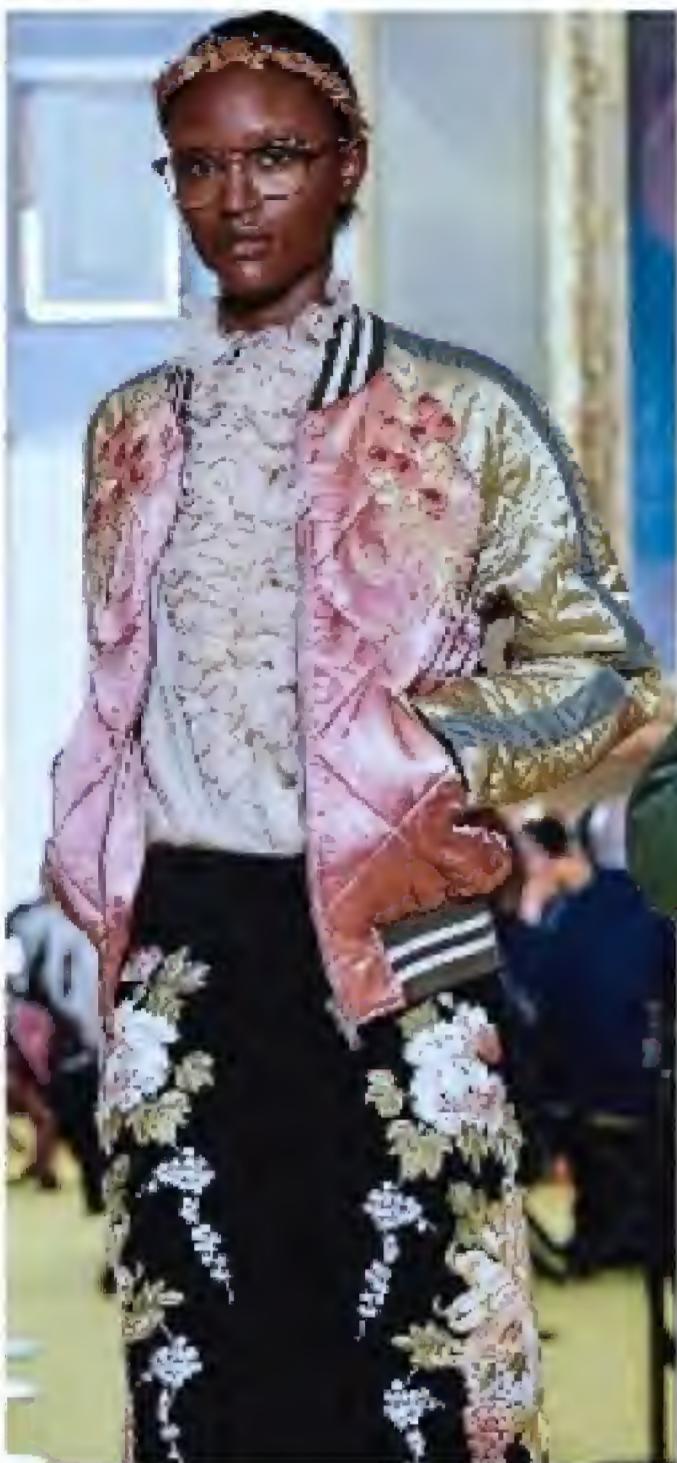
OK, it's not the most complex psychological puzzle ever unravelled. But Springsteen's music is transcendent precisely

because it plumbs the frustrations and yearnings of the common man. His best songs are three-minute shrink visits for fans unlikely to visit a real psychiatrist, and he's their hero/healer.

Bruce Springsteen: In His Own Words airs periodically on HBO and anytime on mobile devices via TMN GO.



Bruce Springsteen in 1972, part of HBO's *Bruce Springsteen: In His Own Words*. CONTRIBUTED



Style DIGEST **Eccentric Gucci**

Heroic eras

Alessandro Michele's midseason Cruise 2018 collection was as artistically eccentric as the portraits hanging in the Medici's private Varsari Corridor. Michele referenced the Mediterranean basin's most heroic eras in the collection, from ancient Greece and Rome through the Renaissance. For Michele, the references represented a form of modernity.

"Those kinds of faces, like you know Vespucci and all the models from the Renaissance, they were the most eccentric rock 'n roll of the time. It is in our culture. It is still here. Greeks and Romans are still inside everywhere," he said.

Celebs

It was a night of Renaissance indulgence for the Gucci crowd, concluding with a performance by singer-songwriter **Beth Ditto** in a private garden. Celebrity guests included Elton John, **Kirsten Dunst**, Jared Leto and Dakota Johnson, who was accompanied by sisters **Stella Banderas** and Grace Johnson.

THE ASSOCIATED PRESS/GETTY IMAGES



June is ALS Awareness Month

June 2

**Goldeyes/
Lou Gehrig's Night
at 7pm**

**Goldeyes vs Lincoln
Saltdogs**

*Rendition of
Lou Gehrig's
speech by actor
Drew Jensen*

June 3

**Walk for ALS
(Belmont, MB)**

**Belmont MB – Club Room
Register 9:30am
Walk 10:30am
5km**

*Come out and walk with us
www.walkforals.ca*



June 6

**Flag Raising
Ceremony**

**City Hall,
510 Main Street
9 am**

*Come out
and see us.*

June 17

**Walk for ALS
(Winnipeg, MB)**

**Assiniboine Park –
Conservatory Tent**

**9am registration
10am walk**

*Have you registered yet?
www.walkforals.ca*



June 21

**AGM 6pm
& Volunteer
Appreciation 7pm**

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Convention Centre
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**Henry Derksen
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**Crown Utilities
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Saracens Rugby

Upcoming Events

August

**Ice Bucket Challenge Anniversary
Every August Until A Cure**



September 7

**ALS Drive For Life Golf Tournament
Bel Acres Golf and Country Club**



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BODY POSITIVITY

Swimsuit anxiety eased by a great fit

Farewell spring and hello bathing suit season, for some an anxious time that sucks the fun out of summer.

Not everybody frets over their beach bodies, celebrating instead. For others, it's a struggle, one that Heidi Wicker in suburban Dallas knows well. But the 41-year-old mother of two has come up with emotional workarounds.

"I really hated the way I look in a swimsuit. We have a pool and enjoy having friends and neighbours over during the summer," Wicker said. "In Texas, that's May through September."

She chooses the "most functional" swimsuit possible and consciously counts her blessings.

"Bottom line is my kids aren't going to remember how awful I looked in a swimsuit in 2017, but they will remember the fun times we had playing in the pool," Wicker said. "This year I have a pair of swim shorts and a halter-style top that is super secure."



While Wicker said she could stand to lose 10 or 15 pounds, bathing suit stress isn't reserved for those of us with curves or bulges we consider trouble spots.

Actress and former pageant queen Priyanka Chopra dodged the Baywatch bathing suit bullet as the villain in the film version of the old lifeguard TV show, but she said "we're human beings. Our bodies change and it's OK."

For girls and young women, much of the issue relates directly to the body shaming that bubbles up on social media, intensifying during beach season. Three years ago, the millennial-focused women's site Refinery29 launched a campaign, "Take Back the Beach," to fight back.

This year, the campaign focuses on the idea of "body talk," challenging the way people talk about their own bodies but also other people's. As for dealing with beach season, focusing on "what your body can do as opposed to what it looks like can make you feel so much better, whether it's running a race or giving birth," said Anna Maltby, Refinery29's deputy editor for health and wellness.

THE ASSOCIATED PRESS



Fingers serve as a good method to rid your sweater of pills — if you have the time.

PICTURES BY TORSTAR NEWS SERVICE

Don't sweat your aging sweaters

LIFE HACK

These low-tech methods can help resurrect your wardrobe

Katrina Clarke
life@metronews.ca

Death-by-pilling is the sad fate that befalls my favourite sweaters.

It's as if on cue, the fibres recognize they're loved and let themselves go. They tangle and twist into little lint balls that sit stubbornly on the once-smooth fabric, announcing: "I'm loved and I don't care what I look like!" But that plan backfires, because it's straight to the back of my closet for aging items.

Cruel, I know. But I'm trying to change. That's why I'm seeking guidance on how to resurrect sweaters from the sartorial dead.

Going straight to the source, I asked Google for answers. What I found was four low-mainten-

ance methods on life hack websites and in articles that promise to eradicate pills. These methods required only basic tools — i.e. your hands — which appealed to me, but if you're serious about de-pilling, you could always invest in a sweater comb. Yes, it's a thing.

Test 1: The razor method

Tool: Razor

Test: Taking a five-blade razor, I ran the razor carefully over a spot on the fabric five times. I got worried about putting a hole in the sweater so I stopped there.

Result: The razor removed about half the noticeable pills.
Rating: 3/5

Test 2: The scissor method

Tool: Scissors

Test: Using a pair of kitchen shears, I carefully cut away each pill.

Result: It worked, but was tricky and labour-intensive. Since I had to pull each fluff off by hand after it was cut away, it makes sense just to use your hands.
Rating: 2/5

Test 3: The pulling method

Tool: Your hands

Test: I pulled the fluffs one by one off a 10 centimetre by 10 centimetre section of the fabric. It took about two minutes.

Result: This method removed almost all the pills but it takes time.

Rating: 5/5

Test 4: The Velcro method

Tool: Velcro

Test: Taking a piece of Velcro that was attached to a rain jacket (working with what I have here, people!) I brushed the Velcro over a spot on the fabric three times.

Result: It worked surprisingly well, but the Velcro also pulled at the fabric. The section looked a bit fuzzy-looking by the time I was done.

Rating: 3/5

The Conclusion: Don't give up on your poor, aging sweater. Instead, put those hands to work and get pulling.

Note: I tested these methods on a "performance fleece" sweater. Your results may vary depending on fabric. TORSTAR NEWS SERVICE

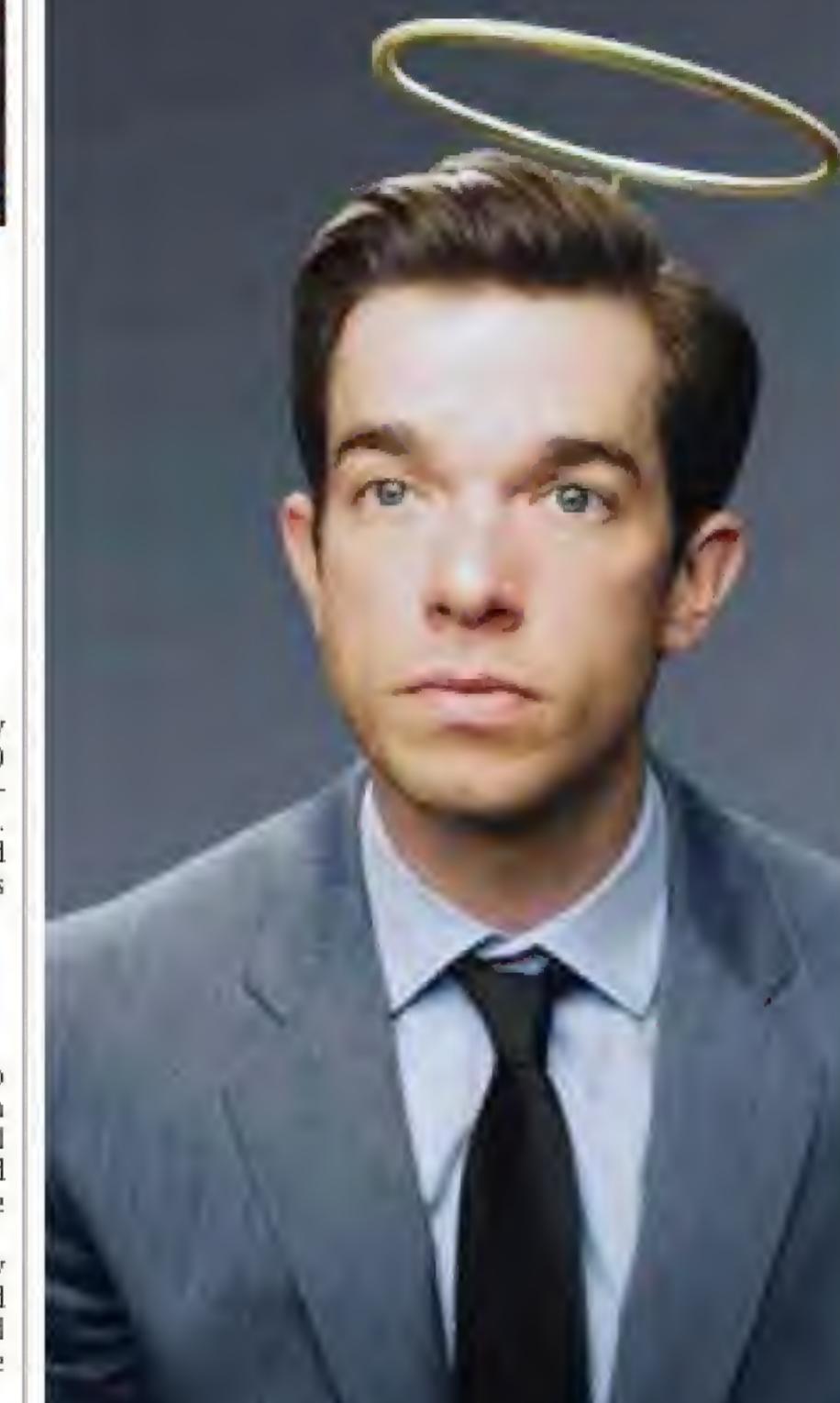


This Saturday!

John Mulaney KID GORGEOUS

"...Kid Gorgeous is sure to keep fans clamouring for more."

- Carey Bray, Halifax Bloggers



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HAHAHA.COM/MULANEY

Perfect pots for any plants



INDOOR/OUTDOOR

Modern Wood Leg Standing Planter — Cylinder

This modern wood stand and planter looks great and is suitable for both indoors or out. Fill the cement planter with leafy green plants or trendy cacti. westelm.com, \$180.33.

TIP
Several pots grouped together add colour and ambience to an outdoor sitting area.

Gardening season is in full swing and a few pretty pots on a patio or balcony filled with your favourite blooms can pull together an outdoor space. Here is a selection for a variety of spaces.

TORSTAR NEWS SERVICE

LOW MAINTENANCE

Hanging Air Plant Holder

Air plants, like the one in this stylish glazed clay holder made by artist **Jeremy Ford** in his Almonte, Ont., studio, are low maintenance and don't require soil. Hang it in a partly sunny spot. To water, submerge the plant in a dish of water for several hours every 10-14 days. etsy.com, \$27.



BALCONY BUDDY

Coral Hanging Planter

Montreal-based artist **Stéphanie Fauteux** crafts these tiny, ceramic, hanging planters. Fill with a succulent or miniature fern and hang in a covered area such as a porch or balcony. etsy.com, \$28.



TINY PLANTS

Liberte pot and saucer

Perfect for a tiny plant, this pretty patterned pot won't take up a lot of space on a small patio or balcony. If you have space scoop up one in every pattern and group them together on a shelf or table. homesmithhouse.com, \$11.90.



CUTE CERAMIC

Femme Vase, large

Pretty petals deserve stylish pots and we think this cute ceramic vase adds just the right touch. Fill it with flowers or something green and perch it on your bar cart or side table for a playful touch. blackroosterdecor.com, \$41.12.

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Your essential daily news

Late famed architect Zaza Hadid's 2,299 sq. ft. former South Beach condo listed for \$10M

DIY

Growing your own natural dye garden

As interest in eco-friendly products grows, it's no surprise that artists and other creative types are planting natural dye gardens.

Low-cost and easy to grow, dye gardens can be planted just about anywhere. Over the centuries, popular plants used for dyes included indigo, madder and saffron. Tree tannins, lichen and fungi, as well as flowers, leaves, stems and even roots were also made into dyes.

Brian Parker of Home Depot says plants grown in a home garden can produce lovely dyes.

"Combining plants like hibiscus and lavender will yield richer colours — try experimenting, just as you would with paints," he says. "Hibiscus is a great plant for a beautiful purple dye. Add lemon and salt when dyeing a camellia plant and you'll get a bright pink, magenta colour. Roses and lavender can bring out a brilliant pink dye with just a little mint and lemon juice. Marigolds and sunflowers produce shades of yellow; use both the stalks and the petals for the most potent colour."

Chris Dalziel is a gardener, homesteader and fibre artist in Greenwood, B.C.

"I recommend planning your garden around both perennials and annuals, with a thought to the colours that each plant gives," she advises.

"Aim to have the three primary colours — blue, red, and yellow — represented in your garden in abundance. From

these, the full rainbow of colours will be available to you."

Chamomile, yarrow, goldenrod and coreopsis all yield different shades of yellow. "By planning for several yellows, you'll also have many greens and oranges to choose from," Dalziel says.

Owyn Ruck and Visnja Popovic, co-founders of New York's Textile Arts Center, recommend planting what's native to your area. Not only are plants more likely to thrive, but their colour intensity is affected by conditions like sun exposure, moisture and temperature. Plants also may produce different dye quantities at various points in their life cycles.

Good books on the gardening, foraging and dye-making include Ruck and Popovic's *The Textile Artist's Studio Handbook*; Kristine Vejar's *The Modern Natural Dyer: A Comprehensive Guide to Dyeing Silk, Wool, Linen and Cotton at Home*; and Chris McLaughlin's *A Garden to Dye For*.

Vejar, of Oakland, Calif., discusses unusual non-flower natural dyes like onion, rhubarb and eucalyptus. McLaughlin, who also lives in Northern California, includes vegetables, such as black beans, red cabbage and beets.

Making dye from plants generally requires chopping them up, adding water and boiling them. Natural fibers like silk, cotton, wool and muslin take dyes best. THE ASSOCIATED PRESS

Aim to have the three primary colours — blue, red and yellow — represented in your garden in abundance. From these, the full rainbow of colours will be available to you.

Chris Dalziel, gardener



These natural dyes were made from five summer garden blooms: purple hollyhock, hydrangea, pink and red wild rose, sunflower and dyer's coreopsis. THE ASSOCIATED PRESS

Shaggy-chic taking fringe into the mainstream

DECOR

From runway to the foyer, trim is taking over interiors

Like coquettish long eyelashes or chic bangs, fringe has a beguiling style that draws it every so often back into the trend orbit.

Now is one of those times in fashion and home decor, thanks perhaps to our current flirtation with eclecticism and our ongoing love affair with the retro '70s.

You'll see many variations on fringe. Wispy bits softening the edges of textiles; thick hedge-rows accentuating the lines of a rug or basket; longer curtains of fringe that make a piece of art or furniture that much more intriguing.

Urban Outfitters, for instance, has a Moroccan pouf covered in creamy cotton, with sequined trim and several wraps of woolly fringe. There's a bolster that marries pompoms, tassels, fringe and geometric embroidery. A wall hanging from India combines several clusters of fringe in a palette of blush, cream, apricot and grey.

For the bedroom, a soft cotton comforter, in charcoal, rose, tan or cream has rows and rows of dainty eyelash fringe. There's a throw blanket and pillow shams with the decorative trim, too.

Designer Nate Berkus has added fringe to several collections he's done for Target, including lampshades and a diminutive stool. This season, there are fringed table runners and throw pillows, and a little basket with a dapper fringe belt made of lampakanay, a Philippine fiber.

"Fringe is one of my favourite embellishments," says Berkus. "It always seems luxe to me."

Extra-long fringe creates a saucy skirt on a handwoven, black-and-white triangle pouf at West Elm. A Moroccan-inspired shag rug in black and grey with a sapphire streak and fringed edges brings drama to the floor. And a cotton bedspread with a Peruvian-inspired



Moroccan-inspired pouf with shaggy trim from Urban Outfitters. CONTRIBUTED

circle print is bordered with a thick fringe that punctuates the print.

At Toronto design house Elite, a Belgian linen pouf is dressed up with bone buttons and Tibetan wool fringe.

From Arhaus' Boho pillow collection, there's a woven lumbar pillow trimmed in black or ivory fringe in a contemporary yet playful motif.

And if you're ready for something a little more dramatic on the fringe front, consider designer Laura Kirar's Guernica lounge chair. The chair's back is dressed in a full mane of black or brown leather fringe. Smooth and textured laces are needled and knotted into 3,500 holes on the cane back, and the effect is spectacular.



"I love that it's strong and opinionated," says Kirar.

THE ASSOCIATED PRESS

From top: A basket by designer Nate Berkus for Target. A throw pillow from Urban Outfitters featuring pompoms, tassels and fringe. A table runner by Berkus for Target. Patterned Indian cotton pouf with fringe skirt from West Elm. ALL PHOTOS CONTRIBUTED



metrolife SPORTS

Arsenal manager Arsene Wenger has signed a new two-year deal that will extend his stay at the north London club to nearly 23 years

Jays sweep Cincinnati as Travis and Maile homer

MLB

T.O. has gone deep at least once in nine of 10 games

Toronto's Devon Travis was determined to control the pace of his at-bat in a seventh-inning showdown with Wandy Peralta on Wednesday afternoon.

The Cincinnati reliever kept throwing to first base and Travis called timeout a few times to keep his routine intact while eventually working the count full. After a few foul balls, Travis drilled a tiebreaking two-run homer that helped Toronto to a 5-4 victory.

"It's something I've learned from watching a lot of these guys hit," Travis said. "Honestly I think that might have been my first time really ever taking to that. So that was pretty good."

It's all part of the maturation process for the young second baseman.

Travis has enjoyed a scorching May after a sluggish April and his play is a big reason why the Blue Jays have won eight of their last nine games.

"He's driving the baseball,"

said Toronto manager John Gibbons. "He's hitting a lot of doubles and he's hit a handful of home runs. He's a good hitter, (that's) the bottom line."



Devon Travis, left, has been particularly hot lately with three home runs, 11 RBIs and a .442 batting average over the past two weeks. NATHAN DENETTE/THE CANADIAN PRESS

swept the three-game series to improve to 5-1 on their 10-game homestand.

Toronto has gone deep at least once in nine of their last 10 games.

"We had a hard time keeping them in the ballpark this series," said Reds manager Bryan Price. "They hit a lot of home

runs."

Starter Mike Bolsinger pitched into the sixth inning as Toronto (26-27) moved within a game of the .500 mark. Jason Grilli (2-4) worked an inning of relief for the win and Roberto Osuna survived a nervous ninth before nailing down his 11th save.

Toronto native Joey Votto hit a two-run shot in the first inning for the Reds (24-28). It was his 14th homer of the season.

Cincinnati starter Tim Adleman allowed three earned runs over six innings while Peralta (2-1) shouldered the loss.

In the ninth, Scott Schebler took Osuna's first pitch over the wall for his National League-leading 16th home run of the year. The Reds put two runners in scoring position later in the frame after Ryan Goins made a rare error on a potential double-play ball.

Osuna picked up his shortstop by striking out Billy Hamilton and Zack Cozart to end the game.

"We knew we needed a punch-out and that's what he was able to do," Maile said.

The Blue Jays have won six straight inter-league games and improved to 15-12 at Rogers Centre this season.

Toronto infielders Josh Donaldson and Troy Tulowitzki were given rest days after playing the night before. Both players returned to the lineup this week after stints on the disabled list.

Announced attendance was 44,058 and the game took two hours 53 minutes to play.

Toronto will open a four-game series Thursday against the American League East division-leading New York Yankees.

THE CANADIAN PRESS

DUI

Lawyer weighs in on Woods

Another public embarrassment for Tiger Woods is shifting to the legal side following his arrest in Florida on a DUI charge, with one criminal expert suggesting Woods made a mistake by claiming publicly that prescription medicine was to blame. On the eve of the Memorial Tournament in Dublin, Ohio, which Woods won a record five times, PGA Tour players who grew up admiring his dominance in golf wished for the best.

Commissioner Jay Monahan said the tour would be there to help him.

"I think Tiger's statement on Monday night, where he apologized and he said he was going to do everything he can in his power to make sure this doesn't happen again, I think says everything," Monahan told The Associated Press on Wednesday. "He's a member of our family, and we're going to do everything we can to help and support him."

Inside the car, Woods was sound asleep at the wheel. Police said in incident reports that his speech was slurred and he didn't know where he was. He was unable to tie his shoes and failed a sobriety test. A breath test registered 0.0 for alcohol, corroborating what Woods said in a statement issued Monday evening.

"I want the public to know that alcohol was not involved," Woods said. "What happened was an unexpected reaction to prescribed medications. I didn't realize the mix of medications had affected me so strongly."

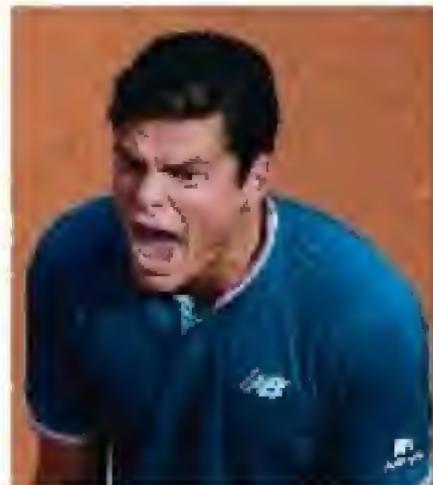
Katie Phang, a former Florida prosecutor, said the statement in which Woods took full responsibility could come back to haunt him if he fights the charge.

"Tiger's statement was a bad idea. He should not have said anything," Phang said. "Now, he can't claim that he was not DUI and just was tired from a long day."

THE ASSOCIATED PRESS

FRENCH OPEN

Raonic turns it on after flat first set



Milos Raonic GETTY IMAGES

Canada's Milos Raonic is through to the third round of the French Open after a 4-6, 6-2, 6-3, 6-4 win over Brazil's Rogerio Dutra Silva on Wednesday.

Raonic fired his 25th ace of the day on match point to set up a third-round meeting with Spain's Guillermo Garcia-Lopez.

In women's action, Montreal's Francoise Abanda was bounced from the second round after losing 6-0, 6-0 to 11th-seeded Caroline Wozniacki.

THE CANADIAN PRESS

IN BRIEF

CFL fantasies come true

Canadian football fans can now become the general manager of their own team.

The CFL and TSN have partnered to launch TSN CFL Fantasy, a free game that will give fans the chance to build and run their own team this season. Participants will compete to win a trip for two to the 2017 Grey Cup in Ottawa. Weekly prizes will be offered throughout the season in addition to the Grey Cup trip for two.

THE CANADIAN PRESS

NBA FINALS

LeBron's L.A. home hit with racial slur

Police are investigating after someone spray painted a racial slur on the front gate of LeBron James' home in Los Angeles on the eve of the NBA Finals.

An unidentified person spray painted the N-word on the front gate of James' home in Brentwood Wednesday morning, said a spokeswoman for the Los Angeles Police Department. Police are investigating it as an act of vandalism and possible hate crime.

Speaking in Oakland, where his Cleveland Cavaliers face the



LeBron James
GETTY IMAGES

Golden State Warriors in the NBA Finals beginning Thursday night, James said: "My family is safe, they're safe and that's most important," James said. "But it just goes to show that racism will always be a part of the world."

THE ASSOCIATED PRESS



Tiger Woods GETTY IMAGES

MAKE IT TONIGHT

Luscious Fruit Salad with Cardamom Cider Dressing

Ceri Marsh & Laura Keogh
For Metro Canada

Who said salad had to be greens only? Why not serve a bowl of this luscious, summery goodness beside your next grilled dinner?

Ready in 20 minutes
Prep time: 20 minutes
Serves 4

Ingredients

- 1 gala apple, sliced into cubes
- 2 cups sliced strawberries
- 1 cup blueberries
- 1 cup diced pineapple
- 1 cup raspberries

Dressing

- 1 Tbsp apple cider vinegar
- 1/4 cup apple cider
- 1/4 cup olive oil
- 1/4 cup honey
- 1/4 tsp lemon juice
- 1 Tbsp vanilla extract
- 1/2 tsp ground cardamom

Directions

1. Toss all your fruits in a large bowl.
2. Meanwhile, whisk the cider vinegar, cider, oil, honey and lemon juice. Add the vanilla and cardamom. Dress the salad with desired amount of dressing.

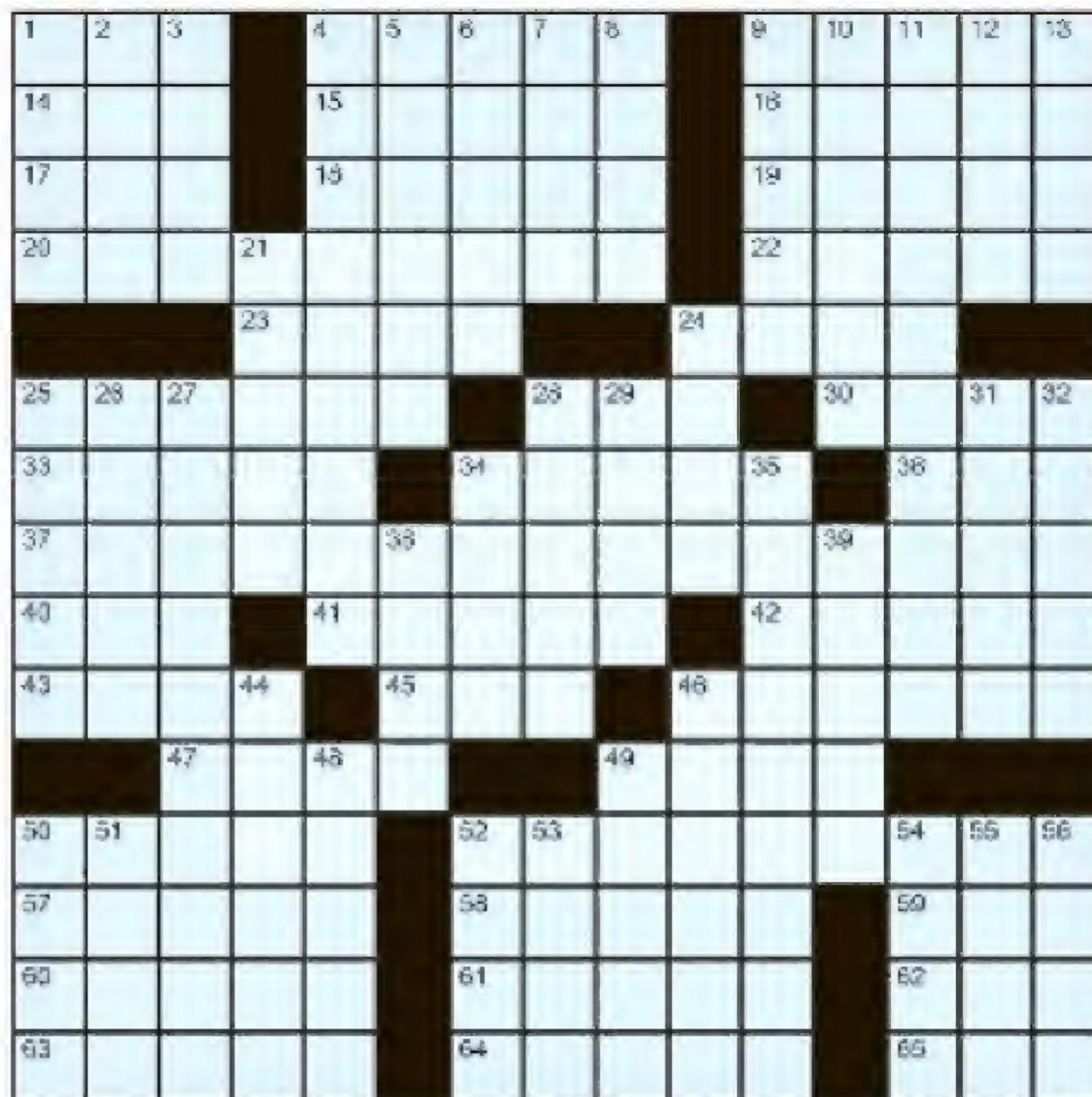
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "The Ring ___" (2005)
4. Apples sorts
9. Farm milk dispenser
14. Electrical resistance unit
15. Sheep-like
16. "You rang?" character on "The Addams Family"
17. You, to Yves
18. Japanese poem of five lines/thirty-one syllables
19. Victoria Park is located in the 'hub' of what Nova Scotia town?
20. Maintains a balanced diet: 2 wds.
22. Romulus' twin brother in Roman myth
23. Toroidal topper
24. Clean
25. Amounts in egg cartons
28. Camel hair cloth
30. Mail
33. Prescription warning, '___ Directed'
34. ___ Bay, British Columbia
36. Mr. Ferrigno
37. Lacey Burrows' portrayer on "Corner Gas": 2 wds.
40. Kiev's lil' land
41. De-wilds
42. Highlanders
43. Johnny Carson's predecessor Jack
45. Jamie Foxx title role
46. "I need water!" reason
47. Hock
49. Golf tap
50. Caterpillar, for



- example
52. Moving along quickly
53. Homer's epic masterpiece
58. Supercharger
59. At present
60. Canadian Rockies, for example
61. Low ship deck

62. "___ Freedom" (1987)
63. Staked, in poker
64. Plague, in Paris
65. Harrison Ford role, with Solo

- do's debut album
3. Bypass
4. Ontario: 2017 marks this Greater Golden Horseshoe commuter service's 50th anniversary: 2 wds.
5. Helps
6. Jargon
7. Sacred looped

- cross
8. Show to one's table
9. Ne plus ___ (Perfection)
10. Coerced confession cause
11. Midland Provincial Park's location in the badlands of Alberta

12. Hosiery hue
13. 17th Greek letters
21. Shave the sheep
24. Hot
25. Excavated: 2 wds.
26. Port city of Japan
27. Sort of wildlife pattern: 2 wds.
28. Rat's urban passageway
29. Striped insects
31. Rocker Mr. Gallagher's
32. Fred of Limp Bizkit
34. ___ mater
35. Nik Wallenda walks this line
38. Pull in \$\$\$
39. Church members
44. Lay waste
46. Variety of flatfish
48. Moved around the shallow water
49. Knitting stitches
50. Italy's former currency
51. Glass Tiger singer Mr. Frew
52. Cease
53. Remedy
54. Length unit
55. Filmmaker Ms. Ephron
56. Nell ___ (17th-century English actress who was King Charles II's mistress)

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
During all your conversations with others today, you will be calm and realistic. You see the limitations that others have, and you're willing to accept them with grace.

Taurus April 21 - May 21
Solitude in beautiful surroundings will please you today, because you want to become more disciplined in an inner way.

Gemini May 22 - June 21
Someone older or more experienced might have advice for you today, or they might assist you in some way. It's possible that you will strike up a new friendship, even a romance, with someone of an age difference.

Cancer June 22 - July 23
Relationships with bosses and authority figures are excellent today. If others ask for your advice about how to make something look better, you can help them.

Leo July 24 - Aug. 23
This is a good day to make serious plans about future travel. Likewise, you can make future plans about further education, publishing, the media, medicine and the law.

Virgo Aug. 24 - Sept. 23
Some kind of legal ruling might profit you today, because you will benefit from the wealth and resources of others. If something comes your way, just say, "Thank you!"

Libra Sept. 24 - Oct. 23
A discussion with a partner or close friend will be productive and realistic today. This is because you do not have pie-in-the-sky expectations.

Scorpio Oct. 24 - Nov. 22
You will accomplish a lot at work today because others will help and support you. You find it easy to be polite and reasonable, which is why your relationships will be so positive.

Sagittarius Nov. 23 - Dec. 21
Romance with someone older might take place today. This is a good day to make plans for a vacation, because you won't overlook details.

Capricorn Dec. 22 - Jan. 20
A discussion with an older family member could be significant today. You also will enjoy budgeting for home redecorating projects.

Aquarius Jan. 21 - Feb. 19
You are calm and realistic today, which is why you get along with others so well. You can even act as a mediator if others disagree.

Pisces Feb. 20 - March 20
Your approach to anything financial will be conservative, solid and realistic today. This is a good day to think about a budget. It's also a good day to buy something useful and long-lasting.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	4	3		7
2			8	
9		3		8
3	4		6	2
7		8		1
	8			4
	6			
7	9	8	3	

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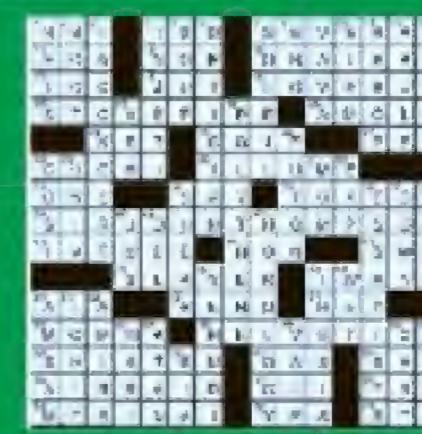
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4	5	2	6	3	7	8	9	1
1	3	9	5	2	8	4	7	6
8	7	6	9	4	1	2	5	3
6	8	4	1	9	5	3	2	7
5	9	7	2	8	3	1	6	4
2	1	3	7	6	4	5	8	9
3	2	5	4	7	9	6	1	8
9	4	1	8	5	6	7	3	2
7	6	8	3	1	2	9	4	5



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